Occupational Therapy

Enabling everyday function.
Meaningful life tasks / activities guide treatment.

1 ASSESSMENT

- Sensory Processing
- Cognition
- Developmental Coordination Disorder / Autism / ADHD
- Identify Barriers to Function

2 MENTAL HEALTH

- Activation for Low Mood / Social Isolation
- Exposure Therapy for Anxiety / Phobias
- Mindfulness skills and Thought Reframing- *using a functional focus*
- Yoga for emotional regulation

3 CHRONIC PAIN

- Education; why have I on-going pain?
- Biopsychosocial Approach
- Goal setting and graded activity
- Supporting engagement in life roles *e.g. parent, worker, home-maker*

4 WORK / STUDY

- **Employees** *Struggling to Meet Job Demands*
- **Students** *Structuring Day, Meeting Deadlines, Attention*
- Support to Return to Work after illness/ absence
- Organisation Skills Time Management Procrastination

5 LIFESTYLE COACH

- Sleep
- Lifestyle Balance
- Yoga
- Motivation for change

Source 1
Source 2